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"life of enjoyment", examines how people optimally experience, "z\field{*\fldinst{HYPERLINK #https://en.wikipedia.org/wiki/Affective_forecast}}{\fldrslt \unfordSast}}, and savor the positive feelings and emotions that are part of normal and healthy living (E.g., relationships, hobbies, interests, entertainment, etc.)\

\i\b Good Life

\i0 :#b0 investigation of the beneficial effects of immersion, absorption, and {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Flow_(psychology)"}{\fldrslt

\i \ul flow}}, felt by individuals when optimally engaged with their primary activities, is the study of the Good Life, or the "life of engagement". Flow is experienced when there is a positive match between a person's strength and their current task, i.e., when one feels confident of accomplishing a chosen or assigned task.\

\i\b Meaningful Life

\i0 :

b0 inquiry into the {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Meaningful_Life"}{\fldrslt \ul Meaningful Life}}, or "life of affiliation", questions how individuals derive a positive sense of well-being, belonging, meaning, and purpose from being part of and contributing back to something larger and more permanent than themselves (e.g., nature, social groups, organizations, movements, traditions, belief systems).\

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"https://en.wikipedia.org/wiki/Martin_Seligman#PERMA"}{\fldrslt \cf2 \ul \ulc2 PERMA}}: Positive Emotions, Engagement, Relationships, Meaning and purpose, and Accomplishments.}